



## ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

### April Newsletter

The Rothesay HIVE Age Friendly Community Centre's Mission is to be a gathering place to nurture the health and well-being of adults (50+) through a hub of activities that focus on socialization, connection, health and wellness, intergenerational programming, lifelong learning, and outreach.



#### Movie Matinee: The Rental Family ®

Come enjoy popcorn and a refreshing beverage while watching a movie with other Rothesay HIVE members on **Thursday, April 2, at 1:30PM.**

#### REGISTRATION IS REQUIRED:

[KirstinDuffley@rothesay.ca](mailto:KirstinDuffley@rothesay.ca) | Phone: 506-799-9240

#### The Rental Family (2025)

**Plot:** An American actor in Tokyo struggling to find purpose lands an unusual gig: working for a Japanese "rental family" agency, playing stand-in roles for strangers. He rediscovers purpose, belonging, and the beauty of human connection.

**Stars:** Brendan Fraser, Takehiro Hira, Mari Yamamoto

**Movie Length:** 1hr 49min

**Genre:** Comedy / Drama



#### Contact Us:



#### Website:

[www.rothesay.ca/recreation/rothesay-hive/](http://www.rothesay.ca/recreation/rothesay-hive/)



#### Facebook: @RothesayHive

[www.facebook.com/groups/RothesayHive/](https://www.facebook.com/groups/RothesayHive/)

#### Phone:

506-799-9240



#### Email:

[kirstinduffley@rothesay.ca](mailto:kirstinduffley@rothesay.ca)

#### Parking:

65 Hampton Road, Rothesay NB



# The Buzz

## BULLETIN BOARD

Here is where you can find more information about programs, events and services that are available at the Rothesay HIVE, in our community, and across Canada.

### Grief Café



Come enjoy a warm beverage and chat with the Compassionate Grief Centre and others on their grief journey in a safe, comfortable, and casual environment. Grief is often associated with the loss of a loved one, however, it is a complex and multifaceted experience that can arise from many types of loss or significant change. Sponsored by: Integrity Home Health Services.

**When:** Thursday, April 9, from 1:30PM – 3:30PM | No Registration Required.

### Presentation: Step Up Your Walking Routine ®



Join Physiotherapist Camille Coates to make the most of your walking routine. Gain practical tips to move with greater strength, comfort, and confidence. Learn how small changes to your pace, posture, and route can have a big impact. Discover easy ways to stay motivated, add variety, prevent aches and pains. Walk away with ideas to make walking more enjoyable and beneficial in your everyday life.

**When:** Thursday, April 16, at 1:30PM | Registration Required.

### Rothesay HIVE Garden Club ®



Gardening enthusiasts are encouraged to register for the Garden Club to connect and garden together, improve their green thumb, and grow something new. Members of the Garden Club will need to dedicate time to the Garden Club to plan, plant, tend, and harvest the plot at the Scribner Community Garden from May until October. The first meeting will be spent determining what will be grown this year.

**When:** Friday, April 17, at 11:00AM | Registration Required.

### Retirement Celebration for Mayor Dr. Nancy Grant



We're inviting the community to join us in celebrating Mayor Dr. Nancy Grant and her many years of service to Rothesay. Drop in for an open house retirement celebration on April 30 from 4:30-6:30 p.m. at the Rothesay HIVE. It's a chance to say thank you, share memories, and recognize a legacy of leadership in our community. Finger foods and light refreshments will be provided.

**When:** Thursday, April 30, from 4:30PM – 6:30PM | RSVP: <https://bit.ly/20260430>



**“Exploration is not something you retire from.  
It is a part of one's life ethic.”**

— Dr. Roberta Bondar, Canadian Astronaut & Neurologist



# ROTHESAY HIVE

Activities Calendar: April 2026

**Location:** Rothesay Town Hall, 70 Hampton Rd  
**Parking:** 65 Hampton Rd, Rothesay  
 (506) 799-9240  
 KirstinDuffley@Rothesay.ca  
 www.rothesay.ca/recreation/rothesayhive  
 @RothesayHive

® = **Registration REQUIRED.** Please call or email to register for programs marked with a ®. Include your name, phone number, program type, and dates in your email or voicemail. All programs have a limited capacity and are on a first-come, first-served basis.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
<b>REMINDER:</b> Purchase the Rothesay HIVE Membership for 2026 to access programs & events.		9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 3PM SJNC: English Conversation Classes ®	10AM SJNC Future Engage: Touchstone Trip: Makerspace Class ® 1:30PM Movie Matinee: Rental Family (2025) ®	<b>CLOSED</b> <b>Good Friday</b>
6	7	8	9	10
<b>CLOSED</b> <b>Easter Monday</b>	9:30AM Advanced Tai Chi ® 11AM Beginners Tai Chi ® 1:30PM Coffee & Chat 2:30PM Card/Board Games	9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 3PM SJNC: English Conversation Classes ®	10AM SJNC Future Engage: RHS Presents: "Matilda" Musical Preview ® 1:30PM Grief Café	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
13	14	15	16	17
9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	9:30AM Advanced Tai Chi ® 11AM Beginners Tai Chi ® 1:30PM Coffee & Chat 2:30PM Card/Board Games 7PM Fashion Show (BMC)	9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 3PM SJNC: English Conversation Classes ®	10AM SJNC Future Engage: Hate & Discrimination with KRPF ® 1:30PM Presentation: Step Up Your Walking Routine ®	9:30AM Walking Club ® <b>No Latin Line Dancing</b> 11AM Garden Club Meeting 2026 Season ®
20	21	22	23	24
9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	9:30AM Advanced Tai Chi ® 11AM Beginners Tai Chi ® 1:30PM Coffee & Chat 2:30PM Card/Board Games	9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 3PM SJNC: English Conversation Classes ®	10AM SJNC Future Engage: Mike Doherty, Brunswick Credit Union ® 1:30PM Book Club ®	9:30AM Walking Club ® 11AM Latin Line Dancing ® \$5
27	28	29	30	
9:30AM 50+ Fitness ® \$5 11AM Chair Yoga ® \$5 2PM Mahjong & Bridge	9:30AM Advanced Tai Chi ® 11AM Beginners Tai Chi ® 1:30PM Coffee & Chat 2:30PM Card/Board Games	9:30AM Bee Mobile ® \$5 11AM Flex & Flow ® \$5 12:30PM Sittercise ® \$5 3PM SJNC: English Conversation Classes ®	<b>CLOSED</b>	

PLEASE NOTE: DOORS WILL OPEN APPROXIMATELY 15 MINUTES BEFORE THE SCHEDULED START TIME.

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## FOR MORE INFORMATION VIEW OUR ACTIVITY CALENDAR ON OUR WEBSITE!

**50+ Fitness ®** Cost: \$5/class Duration: 1 hr Instructor: Sharon Randell  
 This exercise class includes warm-up stretching, use of exercise balls, resistance bands and hand-held weights.

**Chair Yoga ®** Cost: \$5/class Duration: 1 hr Instructor: Sharon Randell  
 Chair yoga is a form of yoga as therapy that is practiced sitting on a chair or standing using a chair for support.

**Bee Mobile ®** Cost: \$5/class Duration: 1 hr Instructor: Catt Ferguson  
 Improve your mobility, range of motion and balance using your own bodyweight. Complete these sessions standing or seated.

**Flex & Flow ®** Cost: \$5/class Duration: 1 hr Instructor: Deby Siemens  
 This standing cardio and strength training exercise class will use exercise balls, resistance bands and hand-held weights.

**Sittercise ®** Cost: \$5/class Duration: 1 hr Instructor: Deby Siemens  
 Designed to improve strength and balance with complete support of a chair, using exercise balls, resistance bands and small hand-held weights.

**Latin Line Dancing ®** Cost: \$5/class Duration: 1 hr Instructor: Deby Siemens  
 Dance routines are for beginner to intermediate dancers. Smooth-bottomed shoes are recommended for this class as the floors are carpeted.

# ROTHESAY HIVE: Activities & Programs

## Tai Chi at Wells ®

**Cost:** FREE **Duration:** 1 hr **Type:** André Thelosen

Tai Chi is a non-competitive, self-paced practice that combines gentle physical exercise and stretching through continuous, flowing movements. Classes are held at the Wells Community Centre, 75 French Village Road, the class is held outdoors or indoors depending on weather. Beginner and Advanced level classes are offered. Sponsored by: Kindred Home Care.

## Walking Club ®

**Cost:** FREE **Duration:** 45min - 1 hr **Type:** Group Led

The Walkie Talkies explore the nearby community on foot for some low-impact physical activity and social connection with other members. The weekly walks will start and end at the Rothesay HIVE. Members are encouraged to stay afterwards for tea or coffee.

## Coffee & Chat – Tuesdays at 1:30PM

Drop in to enjoy tea and coffee and socialize with other Rothesay HIVE members. This is a great time to check out the HIVE Lending Libraries!

## Card & Board Games – Tuesdays at 2:30PM

Drop in to play various card and board games such as cribbage, bridge, phase 10, Scrabble, Yahtzee and more! Tea and coffee provided.

## HIVE Lending Libraries: Books, Puzzles, & Pickleball Equipment!

Hive Members can borrow puzzles, books, and sets of pickleball equipment for FREE of charge. Puzzles are to be returned once completed so other members can enjoy them. Due to storage capacity, no donations of large book collections will be accepted. Pickleball equipment must be signed out to borrow and returned.

## Hive Book Club ®

The HIVE Book Club meets monthly on the last Thursday of the month to discuss the last book read and decide the next book to read. Members are responsible for obtaining their own copy of each book. Books are often selected based on the availability from the Kennebecasis Public Library.

## Mahjong & Bridge Games

Come play the game of Mahjong (American Version) or Bridge with other Rothesay HIVE members. Tea and coffee provided. **Lessons:** Interested in learning how to play Mahjong or Bridge? Join the waitlist to learn when the next round of lesson will be offered!

## SJNC: Future Engage ®

Don't miss out on the fun activities this month held by the Saint John Newcomers Centre! Future Engage is bringing seniors and youth together at the Rothesay HIVE. Contact Sydney to register by email: [sydney.maceachern@sjnewcomers.ca](mailto:sydney.maceachern@sjnewcomers.ca) or phone: (506) 721-1325. **Open to ALL!**

## THANK YOU TO OUR SPONSORS





ROTHESAY



**RICC**  
ROTHESAY INTERGENERATIONAL COMMUNITY COMPLEX



**BOTTLE  
DRIVE**

# RINK REDEMPTION: Fill the Floor for the RICC

Sunday, May 31<sup>st</sup> at the Rothesay Arena

HELP US **FILL THE ROTHESAY ARENA FLOOR** WITH BOTTLES AND CANS IN SUPPORT OF THE ROTHESAY INTERGENERATIONAL COMMUNITY COMPLEX!

**Date:** May 31, 2026 | **Time:** 12PM-3PM | **Location:** Rothesay Arena, 65 Hampton Road

Bring your empties and help us turn recyclables into real impact for our community. Every bottle and can gets us closer to our goal. Thanks to the incredible support of the Golden Mile Redemption Centre Team, every dollar raised will be matched up to \$2,500!

**EARLY DROP OFF: CAN'T WAIT UNTIL MAY 31?**

Donate TODAY! Drop off your bottles and cans at the ACT Trailer located behind the Rothesay Arena!

[WWW.ROTHESAY.CA/RICC](http://WWW.ROTHESAY.CA/RICC)